

“REVIEW OF HYPERTHYROIDISM IN AYURVEDIC APPROACH”

1. DR. SATISH BABASO PATIL,
PhD Scholar, Dept. of Kriya Sharir

2. DR. AMIT PETHKAR(HOD & PROFESSOR)
Ph.D. Guide, Professor& HOD of Dept. of Kriya Sharir,
Hon.Shri.Annasaheb Dange Ayurved Medical College, Ashta. Dist: Sangli.

Corresponding Author : Dr. Lalitkumar V Vithalani Mobile no- 89837 15661

ABSTRACT:

Hyperthyroidism is an emerging health Problem worldwide population. Approximately 200 million people worldwide are affected by thyroid dysfunction as it is a common endocrine disorder. Globally more than 4 percent population affected by hyperthyroidism. So it is very necessary to find out treatments for Hyperthyroidism. Therefore, this study was an attempt to get the understanding of disease Hyperthyroidism as per Ayurveda through various Ayurvedic principles so as to set its management strategies.

Keywords: Hyperthyroidism, Atyagni, Tiksnagni, Bhasmaka rog.

‘SHORT COMMUNICATION: REVIEW OF HYPERTHYROIDISM IN AYURVEDIC APPROACH’

INTRODUCTION:

As a researcher I reviewed two articles regarding Ayurveda is an ancient system of medicine with lots of possibilities to treat many non-communicable diseases of present era including hyperthyroidism. Thyroid disorder has become a major health problem even in the developing countries. Ayurveda describes health as a balanced condition of three dosha Vata (related to nervous system), Pitta (related to metabolism) and Kapha (related to anabolism) and disease (Roga) as the effect of disequilibrium of those dosha. In Ayurveda there is no exact description of Hyperthyroidism. However, as hyperthyroidism is the condition where there is hyper metabolism in the body due to the excessive production of thyroid hormone, it can be compared with Atyagni or Tikshnagni or Bhasmaka Roga (related to fire).affect the body metabolism. Bhasmaka Roga and Hyperthyroidism both conditions Pitta Prakopa (aggravation) plays important role in the pathogenesis and production of symptoms in both conditions. Two thyroid hormones called Tri-iodothyronine (T3) and Thyroxine (T4) hormones work in the body as Pitta. So, Atyagni or Tikshnagni or Bhasmaka Roga can be correlated with life style disorder Hyperthyroidism. The demand for Ayurvedic medicines especially herbal drugs as health products to alleviate the illness and to enrich the essential nutrients of the body is growing in new world. The present article is an effort to compile the available Ayurvedic literature on herbal drugs with respect to its traditional uses in similar conditions to hyperthyroidism.

LITERATURE REVIEW:

Sirjana Shrestha In article Review of Hyperthyroidism as per Ayurveda available from Shrestha S, Review of Hyperthyroidism as per Ayurveda, The Healer Journal, 2021;2(1):74-79 :

‘SHORT COMMUNICATION: REVIEW OF HYPERTHYROIDISM IN AYURVEDIC APPROACH’

Ayurveda system of medicine is seen to be well tolerated by patients clinically. Knowledge of etiology, pathogenesis and diagnosis is very essential to find out an effectiveness treatment of any disease. Hyperthyroidism is a very common disease among people of developing countries. In Nepal the prevalence of thyroid disorders in general population is 4.32% and among them 13.7% population has Hyperthyroidism. Hyperthyroidism is treated with antithyroid medications, radioactive iodine, beta-blockers and thyroidectomy in contemporary medicine which may cause lots of complication and adverse effect and complication in the long run. so it is very necessary treatment hyperthyroidism. In Ayurveda, non-invasive treatments along with some oral herbal medicines are given which is very safe and cost- effectiveness in Hyperthyroidism.

Deepika Tewari, Vimal Tewari. An Ayurvedic Approach in the Management of Hyperthyroidism. *AYUSHDHARA*, 2020;7(6):3021-3027 As per Ayurvedic principles and concepts, the symptoms of Hyperthyroidism resemble the symptoms due to predominance of Pitta Vata Dosha vridhhi and Dhatu Kshayatmak Lakshanas. These drugs are having a Rasayana effect and Dhatupaushtik properties on overall body organ and alleviating Vata Pitta vridhhi also. All these drugs act as adaptogens that modify the stress response, nervous & hormonal system regulation and improve immune systems. These rejuvenator herbs improve health by increasing immunity, vitality and resistance, imparting longevity. The combination of all these drugs may improve the symptoms of hyperthyroidism collectively.

AUTHORS CONTRIBUTION:

In this study Available treatment of Hyperthyroidism in contemporary Cause lots of adverse effects and complication long run so it's very necessary effectiveness treatment of hyperthyroidism. Therefore, this study was an attempt to get the understanding of disease

**‘SHORT COMMUNICATION: REVIEW OF HYPERTHYROIDISM IN AYURVEDIC
APPROACH’**

Hyperthyroidism as per Ayurveda through various Ayurvedic principles so as to set its management strategies.

CONCLUSION:

Both studies in my opinion have provided a broad prospective review of hyperthyroidism ayurvedic approach and clear explanation of ayurvedic treatment of hyperthyroidism.

REFERENCES:

1. Tewari D, Tewari V. AN AYURVEDIC APPROACH IN THE MANAGEMENT OF HYPERTHYROIDISM. An International Journal of Research in AYUSH and Allied Systems AYUSHDHARA.
2. Shrestha DrS. Review on Hypothyroidism as per Ayurveda. The Healer. 2021 Feb 3;2(1):74–9.